

November Activities - Urbana Senior Center

301-600-7020 UrbanaSeniorCenter@FrederickCountyMD.gov www.FrederickCountyMD.gov/aging
9020 Amelung St., Frederick, MD 21704 (1st floor of the Urbana Library)

*You must pre-register and pay (if there is a fee) for all programs marked with an asterisk.
Programs may be canceled if enrollment is low. **Activities are subject to change.**

<i>Mondays 9:00-3:00</i>	<i>Tuesdays 9:00-8:00</i>	<i>Wednesdays 9:00-3:00</i>	<i>Thursdays 9:00-3:00</i>	<i>Fridays - Closed</i>
October 28 9:30 Strength Training 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games 1:30 *Tai Chi	October 29 11:00 Exercise to Video 1:00 Stitching Post 5:30 *Dinner: Pizza 6:30 Cards/Games	October 30 9:30 Strength Training 9:30 Drawing/Painting Club 11:00 Exercise to Video 1:00 Wii Bowling	October 31 10:30 Dance Exercise 1:00 Wii Bowling 1:00 Rummikub	1 
4 9:30 Strength Training 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games 1:30 *Tai Chi	5 11:00 Exercise to Video 1:00 Stitching Post 1:00 Blood Pressure 6:00 50's Party	6 9:30 Strength Training 9:30 Drawing/Painting Club 10:00 Mobile I&A 11:00 Exercise to Video 12:30 Cholesterol Talk 1:00 Wii Bowling	7 10:30 Dance Exercise 1:00 Wii Bowling 1:00 Rummikub	8 Center is Closed Kreeger Museum Trip
11 Center is Closed Enjoy the holiday	12 11:00 Exercise to Video 1:00 Stitching Post 1:00 Blood Pressure 2:00 *Holiday Craft 5:30 *Dinner: Pizza 6:30 Cards/Games	13 9:30 Strength Training 9:30 Drawing/Painting Club 11:00 Exercise to Video 1:00 Wii Bowling	14 10:30 Dance Exercise 11:30 Blood Pressure Noon *Breakfast for Lunch 12:30 Ask Nurse Steve	15 
18 9:30 Strength Training 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games 1:30 *Tai Chi	19 11:00 Exercise to Video 1:00 Stitching Post 1:00 Blood Pressure 5:30 *Dinner: Hot Dogs 6:30 Cards/Games	20 9:30 Strength Training 9:30 Drawing/Painting Club 11:00 Exercise to Video 1:00 Wii Bowling	21 10:30 Dance Exercise 1:00 Wii Bowling 1:00 Rummikub	22 Center is Closed Marian Koshland Science Center Trip
25 9:30 Strength Training 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games 1:30 *Tai Chi	26 11:00 Exercise to Video 1:00 Stitching Post 5:30 *Dinner: Pizza	27 9:30 Strength Training 9:30 Drawing/Painting Club 11:00 Exercise to Video 1:00 Wii Bowling	28 Center is Closed Enjoy the holiday	28 